

Burst into Spring INTO



FITNESS CHALLENGE 2016

Spring Into Summer Fitness Challenge is a 10 week fitness program, right before summer, that will help keep focused & motivated to build healthy habits and not necessarily to lose pounds or inches.

It begins with a **FIT TEST** to assess your personal starting point. There will be bi-weekly check-in along with a different challenge/goal each week in addition to the set goals for the challenge. The **FIT TEST** will be repeated at the conclusion of the challenge to measure individual improvement.

You will work in teams of 2—2 female, 2 male or co-ed. Each team member will hold the other accountable and motivated as they progress through the 10 week challenge.

**CHALLENGE STARTS
SUNDAY APRIL 10
AND ENDS
SATURDAY JUNE 18**

**PRE-CHALLENGE
ASSESSMENT & REGISTRATION**
March 28 to April 8, 2016

**Call the Salt River Fitness Center at
480-362-7320 for more information.**

